



Therapeutic Recreation Services

Guide to Recreation and Leisure Opportunities
for Individuals with Disabilities



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TRS Vision and Mission Statement

TRS Vision

All individuals with disabilities are accepted and have maximized their self-sufficiency in community activities.

TRS Mission Statement

To enhance the quality of life and strive for the independence of Fairfax County residents with disabilities and those at risk by:

- Providing opportunities for independence and involvement in community activities.
- Developing lifelong recreational interests.
- Responding to community challenges.
- Ensuring high quality management of the Therapeutic Recreation Division.



Introduction

Description of Therapeutic Recreation Services

Therapeutic Recreation Services (TRS) is part of the Department of Community and Recreation Services of Fairfax County. Therapeutic Recreation Services' aim is to provide opportunities for children and adults with special needs so they may acquire the skills that enable them to participate in the recreation and leisure programs of their choice. TRS staff is committed to providing services, education, and resources that meet our participants' interests, needs, and abilities on the road toward lifelong participation and enjoyment in recreation and leisure activities. In addition to the specialized therapeutic activities described in this publication, TRS staff also provides support and advocacy to individuals who wish to participate in general recreation activities.

How to Use This Guide

This brochure lists all of the programs and services that TRS offers to Fairfax County residents. For additional information, including specific dates, locations, fees, and to find out how to register, please complete and mail the activity information request form located at the back of this brochure. You may also call 703-324-5532, TTY 703-222-9693, or find us on the Web at www.fairfaxcounty.gov/rec.

Excellence in Therapeutic Recreation Program Delivery

In 2004 Fairfax County was honored with three National Association of Counties (NACO) Awards, the highest award that can be bestowed on a county program. NACO honored Project SUCCESS with its "Act of Caring Award," the Joey Pizzano Adapted Aquatics Program for "Best in Category," and Senior+ for "Most Innovative Program."

Americans with Disabilities Act (ADA)

Fairfax County complies with the ADA and is committed to providing equal access to all of its programs, services, and activities for people with disabilities. Auxiliary aids, special accommodations, and alternative information formats can be provided upon request. Please call the information number at the front of this booklet at least ten working days before the event.

Wheelchair Accessible Transportation

Wheelchair accessible transportation is available for trips run by the Department of Community and Recreation Services.

Inclusion

Therapeutic Recreation Services offers inclusion services for people of all ages and abilities who choose to participate in general recreation opportunities offered by the Department of Community and Recreation Services. An inclusion specialist will work with individuals and the recreation program staff to recommend and implement accommodations and adaptations that will provide successful recreation experiences for all participants. For more information regarding this service, please call 703-324-5532, TTY 703-222-9693

Therapeutic Recreation Advisory Council

The Therapeutic Recreation Advisory Council (TRAC) has been in operation since 1987 to support Fairfax County's Therapeutic Recreation Services (TRS), their participants and to serve in an advisory and advocacy capacity to TRS. Thanks in part to the Council's support, TRS now has 35 programs serving individuals of all ages with disabilities.

TRAC Members have been valuable in advising our elected officials on the needs and abilities of individuals with disabilities. The council speaks at hearings before the board of Supervisors and members

of the school board. In addition, TRAC members have worked to ensure that TRS is recognized for the programs that they offer in schools and Park Authority facilities. This is important in continuing a positive relationship with the school system and in utilizing school buses to transport therapeutic recreation participants.

Membership is comprised of persons with an interest in therapeutic recreation service for individuals with disabilities. Membership is encouraged for residents from Fairfax County's diverse ethnic and geographic backgrounds. Parents, representatives from academia, and special education, TRS professionals have all served. Council meetings are held from 7:30 to 9 p.m. on the second Tuesday of each month, usually at the Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032-1366 (off Olley Lane, in Fairfax on Route 236).



*"I love Therapeutic Recreation
Because,
It's so
Much fun!!!!
The People are
So much fun,
To be with!!!!!!!!!!!!
I love Therapeutic Recreation
With all my heart!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!"*

By Caroline Ainsworth, participant in the Summer Explorers

Fees and Scholarship Opportunities

TRS offers programs with no fees, set fees, and fees on a sliding scale. Fees for each program are based on time, duration, and frequency of the event. The Vivian Esche Memorial Scholarship Fund, in remembrance to the former director of TRS, has been set up to provide financial assistance to those who wish to participate in our programs. For more information on fees or accessing the scholarship fund, call our information number.

For information on TRS programs and services, call
703-324-5532 or TTY 703-222-9693

Selecting a Program

TRS programs are designed to help our participants acquire the skills necessary for independent recreation participation. Individuals enroll in programs based on their leisure needs, interests, and functional levels. We provides three levels of service, which offer a variety of structure and supervision.

- **Foundational programs** provide a high degree of structure and supervision to support individuals developing a variety of leisure skills and a wide range of activities.
- **Transitional programs** are designed for individuals who have developed some independent leisure skills. These programs provide community-based activities, encourage supported integration with people without disabilities, increase knowledge of leisure opportunities, and develop skills for independent leisure functioning.
- **Integrational programs** are designed for those participants who want to participate in general recreation programs. Individuals are provided opportunities to demonstrate learned skills in a supported or independent recreation environment.

Programs for Children, Teens, and Young Adults

S.M.I.L.E.

Ages: 3-5 (Preschool)

The S.M.I.L.E. program is an integrated play program for young children with and without disabilities. Children look forward to arts and crafts, sports, fitness, and more. S.M.I.L.E. encourages appropriate social and behavioral interactions in a play environment. S.M.I.L.E. operates on Saturdays and Sundays during the fall, winter, and spring.



Summer Explorer Program

Ages: 5-22 (must have completed kindergarten)

With a staff-to-participant ratio of 1 to 4, the Summer Explorer Program offers individuals with physical and/or sensory disorders a summer of fun in a structured and safe environment. This summer program includes swimming, field trips, special events, a variety of arts and crafts, games, and fitness activities. Round-trip transportation is provided from the participants' home to the assigned program location. Fees are established on a sliding scale based on income and number of weeks attending. The Summer Explorer Program runs for six weeks, from late June to August, Monday through Friday 8:30 a.m. to 3 p.m.

Summer Adventure Program

Ages: 5-12 (must have completed kindergarten)

This high-energy program is tailored for individuals with Emotional Disabilities, Learning Disorders, Attention Deficit Disorders and/or Attention Deficit Hyperactivity Disorders. Field trips, special events, swimming, sports, fitness, games, arts and crafts activities, and structured free time sessions are part of this summer program. Fees are based on a sliding scale and depend on income and number of weeks attending. The Summer Adventure Program runs from late June to August, Monday to Friday, 9 a.m. to 3 p.m.

After School Motor Skills Program

Ages: 5-12

This is the perfect opportunity for a child with disabilities to learn a new sport, increase endurance, work on flexibility, and have a great time. The After School Motor Skills Program operates after school on Wednesdays and Sundays at two locations in Fairfax County. Each week participants engage in a new sport skill using a variety of gross motor activities.

Saturday Leisure Program

Ages: 5-22 (must have completed kindergarten)

Weekends are made for fun and recreation, and the Saturday Leisure Program offers a great Saturday getaway for individuals with developmental disabilities. Get in shape with the fitness program, learn a new sport, give painting a try, and meet new friends. Join us from 11 a.m. to 4 p.m. on Saturdays – the best day of the week! The Saturday Leisure Program operates three five-week sessions in the fall, winter, and spring at regional locations in the north, central, and southern parts of Fairfax County.



Summer Leisure Program

Ages: 5-22 (must have completed kindergarten)

Packed full of special events, art activities, exciting games, sports, field trips and fitness, the Summer Leisure Program is the ticket to summer fun. This program offers individuals with developmental disabilities a great opportunity to engage in structured and free-choice activities with their peers. Round-trip transportation is provided from the participant's home to the assigned program location. Fees are established on a sliding scale based on income and number of weeks attending. The six-week Summer Leisure Program runs from late June to August, Monday through Friday 8:30 a.m. to 3 p.m.



Wheelchair Sports–n–Fitness

Ages: 6-22

Join the Fairfax Falcons for wheelchair sports and fitness. The County's dynamic team of athletes use wheelchairs to compete in a variety of sports. As a member of BlazeSports America™, the Fairfax Falcons compete in tournaments with players from up and down the East Coast. No worries if you're new to wheelchair sports; there are different skill levels to include all players. Wheelchair Sport-n-Fitness meets year-round on Saturdays from 9 to 11 a.m. at James Lee Community Center in Falls Church and is for individuals with spina bifida, spinal chord injuries, cerebral palsy or an injury affecting their lower extremities. The program provides skill development in many sports including track and field, tennis, basketball and golf. Sports–n–Fitness is designed for individuals aged 6 to 18 and those 18 to 22 who have not graduated high school. While all our athletes compete in wheelchairs, not all athletes use wheelchairs outside of sports. The program is open to Fairfax County and non-county residents.

Teen and Young Adult Social Clubs

Ages: 13-22

Teen and Young Adult Social Club members do it all! From coming up with event ideas, to the planning of activities, to going out and having fun in the community, these teens take care of business. Designed for individuals with physical, sensory, developmental or learning disabilities, Teen and Young Adult Social Clubs promotes personal success and the development of social skills. Participants plan leisure outings and events, make use of the leisure resources in the community, and go out and have fun together. The club meets two-to-three weekends per month at two locations in Annandale and Fairfax. Transportation is not provided to the meeting site, but is provided from the meeting site to the activity.



Beepball Program

Ages: 5-12

Beepball is the adaptive version for the blind and visually impaired of America's favorite pastime. This innovative baseball program for people with visual impairments is sponsored by the Telephone Pioneers of America. Beepball is played on Wednesday evenings from July to September. For information on locations, call the number at the front of this booklet.

Joey Pizzano Memorial Fund “Make a Splash” Program

Ages: 5-12

The Joey Pizzano Memorial Fund “Make a Splash” Program is a volunteer-based water skills and safety program for people with disabilities. The program operates through the Saturday Leisure program and the Summer Leisure Camps. In 2004 this program was recognized nationally for “Best in Category” from the National Association of Counties. In its first six years, the Joey Pizzano “Make a Splash” Program reached more than 1,600 people with disabilities in recreation centers throughout Fairfax County. The Joey Pizzano Memorial Fund covers the entire cost of the program and there is no fee to participate.

Why not volunteer in this program and help us help even more kids. If you are interested in volunteering, contact us at 703-324-5532, TTY 703-222-9693.



“David and I are very thankful for the Joey Pizzano Memorial Swim program and the instruction he has received from the volunteers who assist with the swimming participants. Their patience and persistence have made both of us very comfortable with David’s swimming skills. We are grateful...His involvement in the program over the past three years has greatly enhanced his water skills and his confidence being in the pool above the water, too”.

Parent of a participant of JPMF program

Programs for Adults

Thursday Night Mixers

Ages: 18 and Over

Thursday Night Mixers shake up the fun. This adult program takes place at the James Lee Community Center on Thursday nights throughout the year from 7-9 p.m. Individuals with developmental and physical disabilities engage in a variety of structured and free-choice activities, including arts and crafts, games, movies, dancing, cooking and working on hobby projects.

Adult Social Clubs

Ages: 22 and Over

Friends and fun are the two key words in these Adult Social Clubs. Members get together for two to three activities a month, including picnics, going to museums, and special seasonal events. This program promotes personal success and the development of social skills for adults with developmental disabilities. Participants learn to plan leisure outings and events, making use of the leisure resources and opportunities in the community. This program is divided into multiple chapters within Fairfax County. Transportation is not provided to the meeting site, but is provided from the meeting site to the activity. Meeting locations are in Alexandria, Annandale, Fairfax, Reston, and Springfield.



Meet and Mingle Social Club

Ages: 22 and Over

For adults who need minimal staff support in their community, the Meet and Mingle Social Club is the group that guarantees good times. Participants plan leisure outings and events and are fully included in general recreation and social programs in the community. Munching on popcorn in the movies, checking out exhibits at museums, and having a summer BBQ are all part of the fun. Meet and Mingle operates year-round with activities on the weekends. Meeting locations are in Annandale and Fairfax. Transportation is not provided to the meeting site, but is provided from the meeting site to the activity.



Out and About

Ages: 18 and Over

The Out and About Program is a social club for participants with physical disabilities. Out and About fosters personal success and social growth through new friendships, participation in community events and leisure activities, development of leisure resources, and improving upon recreation skills. Out and About meets two to three times each month to plan and engage in leisure outings. Transportation to and from the meeting site is not provided, but transportation is available from the meeting site to the activity. The meeting locations are in Annandale and Fairfax.

Dance Club

Ages: 18 and Over

Get out your dancing shoes and get ready to show your moves at the Dance Club. Our Dance Club DJ will keep you moving with new tunes and old favorites. With a new theme each month and a group happy birthday party for everyone having a birthday that month, the Dance Club gives folks of all abilities a chance to socialize while listening to great music. The dances are held at the James Lee Community Center in Falls Church once a month on a Thursday.



Hobby Enrichment Program

Ages: 18 and Over

Show off your skills in the Hobby Enrichment Program. These classes for people with developmental disabilities, promote personal growth, teach or improve upon a variety of skills, and provide an environment for socializing with peers. Themes include music therapy, healthy cooking, watercolor painting, walking club and dance. Each Hobby Enrichment class ends with a performance, exhibition, or dinner. Workshops and clinics are offered on the weekends and hobby classes are offered weekday evenings at various locations throughout Fairfax County.

Leisure Escape Program

Ages: 22 and Over

Leisure Escape is a program for adults who want to continue developing their social and leisure skills. Located at James Lee Community Center in Falls Church, Leisure Escape provides a structured environment for skill-building, socializing with peers, and engaging in a wealth of activities such as drama, art, outdoor challenges, ceramics, fitness, and dance. With a staff to participant ratio of 1 to 4, this foundational program is your door to a new world of enjoyable opportunities.



Sports and Fitness Program

Ages: 18 and Over

Looking to improve your muscular strength, endurance, and flexibility? Want to know more about nutrition and overall well-being? If so, the Sports and Fitness Program is for you. Geared toward participants with developmental disabilities, Sports and Fitness teaches basic skills in a variety of team and individual sports. There are three 8-week sessions during the year in two locations in the county. Come on out, play a new sport, practice an old favorite, and stay healthy.

Weekenders' Social Club

Ages: 18 and Over

Created for people who have sustained a traumatic brain injury, this social program promotes personal success and the development of social skills. Participants plan their own leisure outings, make use of the leisure resources and opportunities in the community, and meet new friends. Weekenders Social Club meets at two locations in Fairfax County. Transportation to and from the meeting site is not provided, but transportation is available from the meeting site to the program activity. The meeting locations are in Springfield and Vienna.



Leisure X-ploration

Ages: 18-35

In partnership with Brain Injury Services, Inc., Therapeutic Recreation Services offers Leisure X-ploration, an adventure-based leisure education and exploration group. Tailored toward individuals aged 18-35 with traumatic brain injury, this program is a great introduction to extreme sports. Possible activities include rock climbing, hiking, Frisbee golf, horseback riding, and team challenges. Members must be able to participate in a group structure within a community environment, maintain their own personal hygiene (or provide an attendant), and must abide by all program rules, policies, and procedures. Leisure X-ploration meets once a week throughout the year.

Inclusion Programs

Access Services All Ages

These services are designed to provide individuals an opportunity to fully integrate into community events, activities, and facilities with or without accommodations. Individuals are encouraged to participate in the various leisure opportunities sponsored by the Park Authority. All Park Authority programs are open to individuals with disabilities.

Summer Inclusion Program (RecPac or RECQuest) Ages: 5-12

TRS is pleased to offer inclusive services to individuals who participate in the general recreation population. The Summer Inclusion Program is an exciting partnership between Park Authority and the Department of Community and Recreation Services to integrate participants in RecPac and RECQuest programs. TRS staff members will work with any interested participant to develop and implement an Individualized Service Plan to provide the most successful recreation experience for all participants. Activities include field trips, swimming, sports, fitness, arts and crafts, games, and special events. Fees are established on a sliding scale based on income and number of weeks attending. The Summer Inclusion Program runs from late June to August, Monday to Friday 9 a.m. to 3 p.m. For an evaluation of inclusive services, please contact TRS at 703-324-5532, TTY 703-222-9693.

Leisure Coaching All Ages

This service provides individuals an opportunity to integrate into community events, activities, and facilities with or without accommodations. The goal of the Leisure Coach program is to provide Fairfax County residents an opportunity to work toward independent leisure participation in the Department of Community and Recreation Services' (CRS) programs. Leisure coaches

typically provide behavioral help, activity modifications, provide support and training to CRS staff. They assist with the initial transition into the program/class, and encourage socialization with peers. Leisure coaches are trained staff or volunteers who work with the individual to develop a recreation plan and assist with meeting personal goals. Contact the TRS department to request more information or to determine if a leisure coach is appropriate for your situation.



Project SUCCESS

Ages: 13-22

Project SUCCESS believes that when we work together everyone achieves more. This service learning group was honored with an “Act of Caring Award” from the National Association of Counties in 2004 and has performed more than 20,000 hours of service since 1998. Project SUCCESS comprises Fairfax County middle and high school youth with and without disabilities who work together to better their community. This nationally recognized group of young people operates during the school year, 3 times per week on Tuesdays, Wednesdays and Thursdays and 1-2 weekends per month.

“Project SUCCESS is what I want the world to be. It is acceptance, it is friendship, and it makes a difference in the world through simple acts of selflessness.”

Project SUCCESS Member

Programs with Seniors

Senior+

Ages: 55 and Over

Senior+ is an inclusion program for senior adults ages 55 and older who need support to remain active at the county's senior centers. Therapeutic Recreation staff members develop an Individual Service Plan that outlines the goals each client is working to achieve. Staff meets with members once each week to see how they are doing, review goals, and provide reassurance. When attending senior centers, Senior+ members are able to follow the regular center schedule and are encouraged to participate in all activities. When modifications are necessary, the Senior+ team provides equipment, instruction, and support to ensure the participant's success. Senior+ participants are not singled out in any way to their peers at the center. We ensure privacy, dignity, and respect for each participant.



Activity Information Form

To obtain specific program information and/or a registration form,
please complete the form below and return it to TRS.

Program(s)	Information	Registration
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Name: _____

Address: _____

Day Phone: _____

Email: _____

Age and disability: _____

I am currently enrolled in TRS programs yes ☐ no ☐

Fairfax County Department of Community and Recreation Services
Therapeutic Recreation Services

12011 Government Center Parkway, Suite 1050

Fairfax, Virginia 22035

703-324-5532, TTY 703-222-9692

Activity Information Form

To obtain specific program information and/or a registration form,
please complete the form below and return it to TRS.

Program(s)	Information	Registration
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

Name: _____

Address: _____

Day Phone: _____

Email: _____

Age and disability: _____

I am currently enrolled in TRS programs yes ☐ no ☐

Fairfax County Department of Community and Recreation Services
Therapeutic Recreation Services

12011 Government Center Parkway, Suite 1050

Fairfax, Virginia 22035

703-324-5532, TTY 703-222-9692



12011 Government Center Parkway, Suite 1050
Fairfax, VA 22035-1115
703-324-4386, TTY 703-222-5693
www.fairfaxcounty.gov/rec



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.



A Fairfax County, VA., Publication